



**AYURVEDA MANAGEMENT OF ALOPECIA (*KHALITYA*) THROUGH
RAKTAMOKSHAN AND ORAL MEDICATION: A CASE STUDY**

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ABSTRACT

The prime aim of medical sciences is to maintain health of human being and on the parallel mode medical science also focused greatly towards the restoration of good physical appearance. The Indian medical science Ayurveda also encompasses various approaches for the management of optimum physical appearance along with good health status. Hair is considered important part of body especially for the beautification purpose and loss of hair before aging considered as alopecia and termed as *Khalitya* in Ayurveda. The loss of hair in early age or alopecia not only affects physical appearance of person but also causes psychological stress due to the diminished state of confidence level. It is believed that large number of young population currently facing this issue and men are more prone than female. Ayurveda mentioned various approaches for curing alopecia including use of natural drugs like *Rasayanas* and *Kesh Vardhak Yogs* along with *Shodana Chikitsa*. Present study reported successful management of case of alopecia using Ayurveda drugs along with *Shodana Chikitsa (Raktamokshan with Jaluka)*. This study supported the fact that Ayurveda approaches play pivotal role in the treatment of *Khalitya*.

KEYWORDS: *Khalitya, Alopecia, Shodana Chikitsa, Raktamokshan.*

INTRODUCTION

Ayurveda considered condition of hair fall as *Khalitya* and classified under *Kshudraroga* by *Acharya Sushruta* while *Acharya Vagbhatta* considered it as *Shiroroga*. According to modern medicine hair fall considered as baldness and incidences of such cases increases day by day due to the mental and physical stress involved in current life pattern. *Khalitya* is *Tridoshajanya Vyadhi* predominantly *Pitta* along with *Rakta dosha*. The due to the *Atiksharseven, Atilavanseven, Viruddhahara, Atiatapseven*, auto immune diseases and *Avsaad*, etc. leads weakening of hair roots (*Romakupa*) which ultimately causes hair loss. The *Ruksha* property of *Vata*, *Ushna* effect of *Pitta* and *Sneha* property of *Kapha dosha* dried up pores of skin of scalp region leading to the obstruction of the path which further affects growth of hair.^[1-6]

Khalitya can be divided into *Vataja Khalitya, Pittaja Khalitya, Kaphaja Khalitya* and *Sannipataja* or *Tridoshaja Khalitya* based on *Dosha* predominance. *Vataja Khalitya* appears as *Shyava* and *Aruna*, *Pittaja Khalitya* appears as *Peeta & Neela*, *Kaphaja Khalitya* involves appearance of scalp as *Ghana* and *Snigdha* while in *Sannipataja Khalitya* scalp looks like nail and appeared as burnt.^[5-7]

Samprapti (Pathogenesis)

Indulgence in *Nidanasevana* leads *Vata, Pita* and *Kapha Prakopa* associated with *Rasa Rakta Dushti & finally Siramukha Avarodha* leads *Khalitya* as depicted in **Figure 1**.

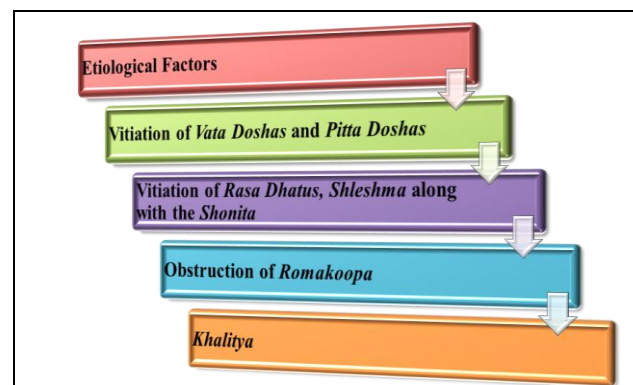


Figure 1: Common events associated with *Khalitya*.

The treatment principle involves uses of *Rasayanas, Kesh Vardhak Dravyas*, topical preparations such as; oils & powders, *Panchakarma* therapy, diet and life style modification, etc. *Snehan, Swedan* and *Shirodhara* considered beneficial for alopecia. *Deepan & Pachana*

drugs, *Sanjeevani Vati*, *Sutshekhar Rasa*, *Shankha Bhasma*, *Aarogya Vardhini Vati*, *Ashwa Gandha Arista*, *Avipattikar Churna* and *Shatavari Kalp*, etc. are useful to cure alopecia.^[7-9]

MATERIALS AND METHODS

Sutskehar ras, *Sunthi*, *Amalaki Choorna*, *Goghurut*, *Samshamani vati*, *Asthiposhak Vati*, *Kamdudha ras* and *Praval pisthi*, etc. were used in proper dose as per the clinical presentation of patient.

CASE REPORT

- Patient age : 15 years
- Gender : Female

Table 1: General clinical examination of patient.

<i>Bala</i>	<i>Nidra</i>	<i>Prakriti</i>	<i>Nadi</i>	Bowel movement	<i>Mutra</i>	Mental status
<i>Madhyam</i>	<i>Samnya</i>	<i>Pitta & Vata</i>	Normal	Irregular	Normal	Depression

TREATMENT PLAN

Following treatment was prescribed to the patient on the basis of clinical observation and related history of patient:

- ❖ *Sutskehar ras* 2 tablet daily
- ❖ *Sunthi* and *Amalaki Choorna* 2 gm with warm water

After 15 days *Goghurut shnehpan* for 3 days starting from 25 ml to 50 ml and finally 75 ml followed by *Raktamokshan* with *Jaluka*; 3 sitting of *Jalukavacharan* done every times after 15-20 days.

- ❖ *Samshamani vati* 1 tab twice daily
- ❖ *Asthiposhak Vati* 1 tab twice daily

- Symptoms : Front and upper side of hair of head lost and wearing cap last from.

6 months whenever need to go outside. Hair loss increases day by day, dandruff present, acidity, constipation with hard consistency of stool and depression.

Personal History

Patient habitual to eat non vegetarian, spicy, salty and oily foods from many years, dairy products and junk foods are also in her routine diet. Personal clinical observations reported in **Table 1**.

- ❖ Combination of *Sushekhar Ras* with *Kamdudha ras* and *Praval pisthi* in dose of 250 mg twice daily with *Ghrut*.

Finally patient was advised for *Pathyapathya* including avoidance of *Pittakar* and *Lavan Amla Rass Aahar*.

Follow up period: 15 days

OBSERVATION AND RESULTS

After six sittings of leech application, patient had reported significant improvement in his symptoms, hair growth in affected area and thickness of hair in scalp. Patient also got relief from symptoms of acidity. The hair fall decreases remarkably after the therapy as depicted in **Figure 1**.



Figure 1: Before Treatment (progressive hair falls).



After Treatment (density of hair increases).

DISCUSSION

Patient was treated with *Raktamokshana* (bloodletting) using leech therapy as detoxification measure for purifying vitiated *Doshas & Rakta*. Therapy mainly helps to remove aggravated *Pitta* and *Rakta*, clears impurities of body and eliminate toxin from blood.

Jalaukavcharana is always considered good for disorders related to the vitiated *Pitta* and *Rakta*.

Jalaukavcharana helps to clear obstruction caused by vitiated *Vata dosha* thus regularizes blood circulation around affected area.

The drugs prescribed here offers *Vatagna* and *Pittagna* qualities thus pacify health issues related to the *Vata-Pitta* aggravation. The drugs possess *Rasayana* effect thus promote general health as well as health of hair. *Sheeta veerya* & *Keshya* properties of drugs helped greatly in hair fall.

Probable Mode of Action of Therapy

As per *Acharya Sushrut*, *Sheeta guna* of leech pacifies *Ushna Guna* of *Pitta* and *Rakta* thus breaks pathogenesis involving *Pitta* and *Rakta* vitiation. Leech can discriminate between impure and pure blood thus mainly removes impure blood from body. Leech inhibits blood coagulation thus prevent accumulation of blood, imparts anti-inflammatory action and facilitate vasodilatation thus increase blood flow in the affected site and also cure any infection on skull region.

The drug prescribed in therapy posses *Sheeta* & *Madhura* properties thus provides benefits in alopecia which may involve hot potency of *Pitta* & *Rakta*. Prescribed medicines acts as *Tridoshahara* thus balances vitiated *Doshas*. *Asthiposhak Vati* promote health status of hair also, *Praval pisthi* give luster to hair, *Rasa* drugs stops graying colouring of hair, *Guru Guan* of prescribed medicines impart thickness to the hair.

Amalaki nourishes hair, strengthen *Rakta dhatu* and improves digestion thus relieves symptoms of constipation. *Asthiposhak vati* contain *Kukutandantwak bhasma* and *Asthishrinkhala* which are source of calcium thus promote health of bone thereby maintain strength of hair. *Ashwagandha* and *guduchi* present in drug acts as *Tridoshhara*, *Ashwagandha* reduces stress thus relives psychological anxiety associated with hair fall. *Kashaya rasa* of prescribed medicine support function of bone thus boost hair holding strength of scalp.^[8-10]

CONCLUSION

This case report presented successful management of *Khalithya* using Ayurveda approaches. The study suggested that Ayurveda therapies not only stop hair fall but also restore colour and strength of hair. The symptoms like *Keshabhoomi Daha* and *Keshabhoomi Kandu* reduces remarkably after the therapy. *Jalaukavcharana* can be used to treat *Khalitya* alternatively along with oral medication.

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